

# Best Management Practices (BMPs) for Fats, Oils, and Grease (FOG)

The best way to prevent sewer blockages from FOG is to use Best Management Practices. The most common BMPs for Food Service Establishments (FSEs) are listed in the table below.

BMP	Reason	Benefit to FSEs
Train employees on Best Management Practices (BMPs), including the proper methods of FOG disposal. Provide refresher training periodically.	Employees are more willing to support an effort if they understand the importance of it.	Subsequent benefits of BMPs will have a better chance of being implemented.
Post “No Grease” signs or posters prominently in the workplace.	Signs serve as a constant reminder for employees working in kitchens.	These reminders will help minimize the amount of grease discharged to traps and interceptors, which will also reduce the cost of cleanup and disposal.
Install screens on all kitchen drains. Screens should be easily removable for cleaning. The holes should be less than 3/16".	Drain screens prevent food particles containing FOG from entering into the sewer system and causing sewer blockages.	This will reduce the amount of material going to grease traps and interceptors, which means they will require less frequent cleaning. This will reduce overall maintenance costs.
Avoid pouring water hotter than 140°F down a drain that is connected to a grease trap or interceptor.	Water temperatures hotter than 140°F will dissolve grease which may congeal or solidify in the wastewater collection system as the water cools down.	Using water cooler than 140°F where applicable will reduce gas or electric energy costs for heating the water. This will also prevent FOG “pass through” in grease interceptors.
Scrape or dry-wipe excess food and solidified grease from pots, pans, fryers, utensils, screens, and mats, then dispose of it in the garbage receptacle.	By dry-wiping pots, pans, and dishware and disposing of food wastes in garbage receptacles, the material will not be sent to the grease traps or interceptors. Instead, it will go to the landfill.	This will reduce the amount of material going to the grease traps and interceptors, which means less cleaning will be necessary. This will reduce overall maintenance costs.
Dispose of food waste by recycling and/or solid waste removal.	Some recyclers will take food waste for animal feed. In the absence of such recyclers, the food waste can be disposed of as solid waste in landfills by solid waste haulers.	This will reduce the cost of solid waste disposal. Solid waste disposal of FOG will reduce the frequency and cost of grease trap and interceptor cleaning.

BMP	Reason	Benefit to FSEs
Pour all cooking grease (yellow grease) and liquid oil from pots, pans, and fryers into a covered grease container for recycling. Use a permitted waste collection service or authorized rendering/recycling center and keep a log.	Recycling reduces the amount of FOG discharged to the sewer.	The FSE may be paid for the waste material, which reduces the amount of waste that will need to be hauled away.
Do not overfill FOG containers and use covers.	If containers are overfull or lack covers, the FOG may spill over and get into storm drains.	This will prevent FOG drips and spills. This also prevents grease and oil from getting into streams, which protects water quality.
Use “spill kits.” Make your own spill kits with absorbent material such as absorbent pads or kitty litter. Keep these spill kits well marked and accessible for cleaning spills. Dispose of used absorbent materials in the trash. Designate a key employee on each shift to monitor cleanup and restock kits.	Absorbent materials can serve as an effective agent to absorb grease and oil.	Keeping grease off the floor will help prevent slips and falls. This can also prevent grease from going down the drain and into grease traps and interceptors, which will require less frequent cleaning. This will reduce overall maintenance costs.
Clean kitchen exhaust system filters/hoods regularly. Dispose of waste from hoods and filters by emptying it into a drain connected to a grease interceptor if you have one, or have the hoods professionally maintained.	If grease and oil escape through the kitchen exhaust system, it accumulates on the roof of the establishment and eventually enters the storm drain system when it rains.	Cleaning the kitchen exhaust system filters/hoods prevents the discharge of grease and oil into receiving streams, thus protecting water quality.

References:

- [https://cms9files.revize.com/culpeperva/Document\\_Center/Government/Public%20Services/Environmental%20Services/FOGBMPsBrochurewebsite.pdf](https://cms9files.revize.com/culpeperva/Document_Center/Government/Public%20Services/Environmental%20Services/FOGBMPsBrochurewebsite.pdf)  
<https://www.yorkcountygov.com/DocumentCenter/View/6687/FOG-Program-Manual-And-Application-2022>  
<https://ncsd.ca.gov/wp-content/uploads/2016/07/2015-NCSD-Fats-Oils-and-Grease-BMP-Manual.pdf>